

Vigor[®]

Summer 2015

A Newsletter for Subscribers of
Blue Cross and Blue Shield of Vermont
and The Vermont Health Plan



A Prescription for Your Health:

Vermont's State Parks

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**BlueCross BlueShield
of Vermont**

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Blue Cross and Blue Shield of Vermont publishes *Vigor* for members and other interested parties.

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We'd like to hear from you.

This newsletter is for informational purposes only and is not intended to serve as medical or legal advice.

For information about any of the events listed, please email events@bcbsvt.com or call (802) 764-4858.

To find our up-to-date Community Calendar, visit www.bcbsvt.com/calendar.



Cover Photo: Hiking at Molly Stark State Park, Bill Steele

AUGUST

14

Vermont Lake Monsters Game: BCBSVT Game Night

Partake in fun activities and visit our Home Run for Health stations!

Gates open at 6 p.m. Game starts at 7:05 p.m.
Centennial Field, Burlington
events@bcbsvt.com

22

BCBSVT Hike, Bike & Paddle

Enjoy free biking, canoeing, kayaking and hiking.

10 a.m.–2 p.m.
Prouty Beach, Newport
events@bcbsvt.com

30

Howard Center Zoe's Race

We're serving water to support the Howard Center.

9:30 a.m.
Oakledge Park, Burlington
www.zoesrace.com

SEPTEMBER

6

Darn Tough Ride

We're serving water to support Friends of Stowe Adaptive.

7 a.m.–3 p.m.
Commodores Inn, Stowe
www.darntoughride.com

Stowe Performing Arts: Vermont Jazz Ensemble

We're serving water to support the Stowe Performing Arts.

5:30 p.m.
Trapp Family Lodge, Stowe
www.stoweperformingarts.com

11–13

South End Art Hop

We're serving water to support the South End Arts and Business Association (SEABA).

South End, Burlington
www.seaba.com

SEPTEMBER

12

Prevent Child Abuse Walk for Children

We're sponsoring this walk to support Prevent Child Abuse Vermont.

Registration at 8 a.m., walk at 10 a.m.
Statehouse, Montpelier
www.pcavt.org

13

Open Streets BTV

We'll be serving water, facepainting and running our smoothie bike.

10 a.m.
Pomeroy Park, Burlington
www.openstreetsbtv.com

17–20

Tunbridge Fair

Visit our table for info on health care after retirement.

Fairgrounds, Tunbridge
www.tunbridgeworldsfair.com

19–21

EAT X NE

We'll have our smoothie bike for healthy, delicious smoothies.

Oakledge Park, Burlington
www.eatxne.com

19

Prevent Child Abuse Walk for Children

We're sponsoring these walks to support Prevent Child Abuse Vermont:

Battery Park, Burlington
Howe Center, Rutland
Registration at 8 a.m., walk at 10 a.m.
www.pcavt.org

Wellness in Windham County Health Festival

Visit our table for health info and details on Medicare and other products.

11 a.m.–2 p.m.
Brattleboro Retreat, Brattleboro
www.wellnessinwindham.org

SEPTEMBER

19, 26

American Heart Association Heart Walks

We're teaming up with the American Heart Association for two heart walks:

The Central Vermont Walk, BCBSVT's Berlin Headquarters (Aug. 19)
The Burlington Heart Walk, Oakledge Park, Burlington (Aug. 26)
Both walks begin at 9:30 a.m.
www.heartwalk.kintera.org

26

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap BlueSM.

9–10 a.m.
Pizzagalli Center for the Art and Education, Shelburne Museum
www.bcbsvt.com/vmb

BCBSVT Family Days

Present your ID card for free museum admission and visit us down by the carousel for healthy snacks and activities.

10 a.m.–2 p.m.
Shelburne Museum
events@bcbsvt.com

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BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

10–11 a.m.
Montshire Museum, Norwich
www.bcbsvt.com/vmb

29

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.
BCBSVT Information & Wellness Center, South Burlington Blue Mall
www.bcbsvt.com/vmb

OCTOBER

2

18th Annual Women's Health and Breast Cancer Conference

Supporting this conference presented by the University of Vermont Cancer Center.

8 a.m.–4:30 p.m.

Sheraton Hotel, Burlington

www.VermontCancer.org

5

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

BCBSVT Headquarters, Berlin

www.bcbsvt.com/vmb

7–25

Vermont Stage Company: "Tribes" by Nina Raine

www.vermontstage.org

7

BCBSVT Dinner Discussions: "Healthy Habits for a Healthier You"

A BCBSVT Dinner Discussion event featuring the Alzheimer's Association

5–7 p.m.

BCBSVT Information & Wellness Center, South Burlington Blue Mall

events@bcbsvt.com

8

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

North Hero Library, North Hero

www.bcbsvt.com/vmb

10

Pink Out the Park 5K Walk/Run

We're bringing water to support Making Strides Again Breast Cancer.

9–11:30 a.m.

Bayside Park, Colchester

events@bcbsvt.com

OCTOBER

13

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

BCBSVT's Information & Wellness Center, South Burlington Blue Mall

www.bcbsvt.com/vmb

16

Central Vermont Home Health & Hospice Annual Fall Fashion Show

6 p.m.

National Life, Montpelier

www.cvhhh.org

20

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

Goodrich Memorial Library, Newport

www.bcbsvt.com/vmb

26

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

Gifford Hospital's Mapleleaf room, Randolph

www.bcbsvt.com/vmb

NOVEMBER

4

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

Rutland Holiday Inn, Rutland

www.bcbsvt.com/vmb

9

BCBSVT Health Care After Retirement Session

Learn more about Medicare and Medicare supplemental plan, Vermont Medigap Blue.

6:30–7:30 p.m.

Springfield Town Library, Springfield

www.bcbsvt.com/vmb





President's Message:

"You are all number one."

That was my message to the girls who participated in this year's Girls on the Run® Program and 5K event in Essex. The celebratory event drew over 5,000 people, including the racers, who came to support the girls and partake in the 12-week program's culmination. The energy and enthusiasm exhibited by the girls defined the day. Each girl started and finished the race at her best and strongest.

The Girls on the Run Program has always fit with our mission as a company dedicated to the health and well-being of Vermonters, including Vermont's youth. As the statewide sponsor of the Girls on the Run program, we are honored to have celebrated the program's 15th anniversary and we feel committed to supporting and promoting this program for many years to come.

Seeing all of the girls cross the finish line reminded me of the value of programs like Girls on the Run. The girls will not only remember race day, but more importantly, they will remember the impact of the entire program: weeks of training and curriculum, relationship building and personal growth—and ultimately the sense of community that led them to the finish line. Not one girl did it alone. Each had the support of coaches, teammates, family, peers, community members and other supporters. BCBSVT is incredibly proud to be part of this community.

To collaborate with Girls on the Run is a great privilege. In addition to providing financial support, our employees look forward to the statewide 5K events each year. In past years, some of our employees have also had the great honor of serving as Girls on the Run coaches, too.

Take a note of inspiration from the Girls on the Run coaches, mentors and runners. Take time to focus on your emotional and physical well-being and support others in doing so. You are number one when you are the best and strongest that you can be.

Thank you.

Don George, President and CEO



Yoga on Church Street

As shown in the image at left, hundreds of yogis participate in the 5th Annual Yoga on Church Street event on August 9. We had a great time at this free community event fueling the flow with water!





One such way that the organization lives its mission is through onsite programming. As major sponsors of this work, we're excited to share about the abundance of free program options available for any adult who is a cancer survivor or is in active treatment, as well as active caregivers. With 16 active instructors and 55 free classes scheduled, there is something of interest for everyone at Survivorship NOW. Additionally, the Survivorship NOW headquarters, located at 426 Industrial Ave. in Williston, can accommodate up to 100 walk-ins!

Executive director, Linda Dyer, shares that the Williston location boasts a beautiful large room with everything one would need. She encourages, "Just show up!"

Dyer adds that class descriptions and instructor bios are online at www.survivorshipnowvt.org. To give you a sense of the robust and extensive programming available, here's a list of just some of the classes offered at Survivorship NOW:

- healthy cooking
- yoga
- watercolor painting
- Reiki
- poetry writing
- balance and stability training
- mindfulness
- hula hooping
- water Tai Chi
- strength training
- foot reflexology
- step aerobics
- stretching
- nature walks
- singing and percussion
- art as healing
- bone health
- spinning
- managing lymphedema
- aqua fitness

Help us spread the word! You can learn more about Survivorship NOW online at www.survivorshipnowvt.org, by email at info@survivorshipnowvt.org or by phone at (802) 777-1126.

Dragonheart Vermont's Survivorship NOW:

By Allyson Bartlett

Many Vermonters are familiar with Dragonheart Vermont, the nonprofit organization that raises money for breast cancer awareness and survivors. Each August, Dragonheart Vermont hosts one of the largest fundraisers in the state, the Lake Champlain Dragon Boat Festival. Teams of breast cancer survivors and community members race each other on dragon boats along the Burlington waterfront, raising tens of thousands of dollars for charity. BCBSVT has been a longtime supporter of Dragonheart



Vermont, with employees of the company taking part in the exciting competition each year.

But have you heard of Dragonheart Vermont's nonprofit cancer recovery program, Survivorship NOW? The engaging and supportive program helps cancer survivors flourish on their road to improved wellness. By providing opportunities for wellness programs, Survivorship NOW works to transform the way Vermonters begin anew after cancer. The program's mission statement reads, "Our Mission is to help bridge

the gap in support for cancer survivors between treatment and recovery. We will do so by creating opportunities for wellness programs, education, camaraderie, and support." With overwhelming dedication and support since its inception in 2011, Survivorship NOW has grown into a remarkable resource that exemplifies these very core goals and values.



A "Sisters at Heart" breast cancer survivor team member at the 2015 Dragon Boat Festival.

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Vigor
www.bcbstv.com

A Prescription for Your Health: Vermont's State Parks

By Samantha Burke

Summer has once again returned to Vermont. The warm weather brings many of us back into the great outdoors. Whether paddling on Lake Champlain, biking or hiking along one of the many scenic trails or exploring the countless features at any one of Vermont's 51 state parks, there is no shortage of activity for those looking to explore our lush state.

This summer and fall, Vermonters will have even more reason to visit Vermont's State Parks. Governor Shumlin announced the "Park Prescription" program, as a partnership between the Vermont State Parks, the Governor's Council on Physical Fitness and Sports, the Vermont Department of Health and Vermont health care providers. The program offers each Vermonter a free day pass to any of Vermont's State Parks.

The program promotes a healthy lifestyle and the prevention of chronic disease. In an article published in the Burlington Free Press, State Parks Director Craig Whipple shares, "This program is more than just giving passes to people to get into state parks. It's to draw attention to the connection between their physical health and physical activity."

Scheduling an appointment is not necessary for Vermonters to get their hands on these passes. Vermonters can call the offices of participating doctors. The receptionists are also able to issue the prescriptions, according to officials.

The prescription program works to encourage individuals of all ages to get outside and be active. The American Heart Association® suggests at least 150 minutes per week of moderate exercise to help prevent heart disease and stroke, two of the largest health concerns facing Vermonters—a recommendation proving that the Parks Prescription program is for everyone.

Currently 16 doctors are participating in the Park Prescription program, including Dr. David Coddaira in Morrisville, Dr. John Leppman in Bellows Falls, Dr. Robert

Tortolani in Brattleboro, Dr. Thomas Curchin and Dr. Harriet Shea in Barre, Dr. Paul Laffal in Montpelier, Dr. Barb Frankowski in Burlington, Dr. Alicia Jacobs in Colchester and Dr. Keith Michl in Manchester Center.

Whipple was also quoted in the Burlington Free Press article stating, "The Park Prescription program is a perfect way to highlight the connection between outdoor recreation and personal health. Spending time outdoors, connecting with nature and being active all help keep us strong in both body and spirit."



Canoers at Craftsbury Outdoor Center, Karen Pike



Lake Carmi Sunset, Jean Snide

Family camping at Half Moon Pond State Park, Jeff Clarke



The Vermont State Parks offer activities for everyone. Their website provides "Top 5 lists" ranking the best parks for a variety of activities, including the following:



Top 5 for Remote Camping

- Green River Reservoir State Park, Hyde Park
- Kettle Pond State Park, Groton
- Osmore Pond/New Discovery, Groton
- Knight Island State Park, St. Albans Bay
- Woods Island State Park, St. Albans Bay



Top 5 for Family Camping

- Half Moon Pond State Park, Hubbardton
- Elmore State Park, Elmore
- Jamaica State Park, Jamaica
- Grand Isle State Park, Grand Isle
- Stillwater State Park, Groton



Top 5 for Views

- Coolidge State Park, Plymouth
- Mt. Philo State Park, Charlotte
- Kill Kare State Park, St. Albans
- New Discovery State Park, Groton
- Kingsland Bay State Park, Ferrisburgh



Top 5 for Hiking

- Mt. Ascutney State Park, Windsor
- Gifford Woods State Park, Killington
- Underhill State Park, Underhill
- Smugglers Notch State Park, Stowe
- Branbury State Park, Salisbury



Top 5 for Paddling

- Waterbury Center State Park, Waterbury
- Camp Plymouth State Park, Ludlow
- Burton Island State Park, St. Albans Bay
- Lake Carmi State Park, Enosburg Falls
- Wilgus State Park, Ascutney



Top 5 for Biking

- Button Bay State Park, Vergennes
- Lake Carmi State Park, Enosburg Falls
- Ricker Pond State Park, Groton
- Emerald Lake State Park, East Dorset
- Grand Isle State Park, Grand Isle



If you're looking for a more personalized recommendation, the Vermont State Park Department website (www.vtstateparks.com) offers an interactive map, which suggests parks to accommodate your individual combination of interests. The website can filter and advise park locations that offer amenities such as camping, universal accessibility, swimming, fishing, boat launches, boat rentals, hiking, lodges, cottages and cabins and picnic areas.

The Vermont State Parks go beyond these more standard amenities to offer a wide variety of unique offerings, as well. For example, individuals can enjoy gold panning at Camp Plymouth Park or hang-gliding at Mt. Ascutney State Park.

Have you heard of the Venture Vermont Program? The Vermont State Parks runs this exciting program from April to mid-October. It's a scavenger hunt for children and adults alike. The challenge includes a scorecard where participants track and photograph required activities and receive subsequent points. Those participants who rack up 250 points will win free day passes to all Vermont State Parks for the rest of the 2015 season and the entire 2016 season, as well as a VIP Gold Medal. For more information, visit www.vtstateparks.com/venturevermont.

Looking for a "hunt" with a little more mystery? If so, then geocaching or letterboxing might be for you. As defined on www.geocaching.com, "geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location." Geocaches can be found all over the world—including nearly all of the Vermont State Parks. Visit www.geocaching.com to read more about the game and rules. Letterboxing is similar to geocaching, but you follow a series of clues to find your treasure, rather than using your GPS. Many letterboxes and geocaches appear in Vermont's state parks and other beautiful venues in our state.

The Vermont State Parks offer the perfect backdrop for all sorts of summer adventures, so go get your "prescription," slather on some sunscreen and enjoy the natural beauty of Vermont.

Tick Safety



Don't let ticks keep you from taking advantage of the summer sun (with sunscreen, of course!). Here are some tips from the Center for Disease Control (CDC) to keep you and your family healthy and tick-free!

Before You Go Outdoors

Know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas.

Always walk in the center of trails in order to avoid contact with ticks.

Products containing permethrin kill ticks. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.

After You Come Indoors

Check your clothing for ticks. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, even in your back yard. Use a hand-held or full-length mirror to view all parts of your body.

Shower shortly after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

What to Do if You Find an Attached Tick

Remove the attached tick as soon as you notice it by grasping with tweezers, as close to the skin as possible, and pulling it straight out. For detailed information about tick removal, see the CDC's tick removal page linked from www.cdc.gov/ticks.

Watch for signs of illness, such as rash or fever in the days and weeks following the bite, and see a health care provider if these develop. Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, it's very important to visit a health care provider.

Prevent Ticks on Animals

Use tick-control products to prevent family pets from bringing ticks into the home. If you're a pet owner, you should use tick collars, sprays, shampoos, or "top spot" medications regularly to protect your animals and your family from ticks. Consult your veterinarian and be sure to use these products according to the package instructions. For more information on animals and health, see Preventing Ticks on Your Pet on the CDC page www.cdc.gov/ticks.

For more information, go to www.cdc.gov/features/stopticks.



Vermont Food Truck Recipe:

Southern Smoke's Avocado Potato Salad

Potato salad is a delight for a summer's evening cookout. Some salads can be heavy with mayonnaise, but not all salads need to be bound together with such fatty ingredients. This recipe uses mashed avocado in the same role as mayo, and is light and cool on a warm summer's eve. You can add some more chili powder or cayenne, if you want a spicy kick.

Ingredients:

- 3** potatoes, any kind you like, diced bite size with skin on for flavor, or peeled
- 1-2** avocados, ripe (soft to the touch)
- 2** tomatillos, outer leafy skin removed and diced
- ½** small onion, minced small
- 1** red bell pepper, diced small
- ½** tsp. cumin powder
- 1** tsp. red chili powder, more if desired
- Salt and pepper to taste**

Instructions:

1. Cut the potatoes and boil them until they are just fork tender.
2. Drain them and set them aside to cool to room temperature and dry out a little.
3. Cut the avocados in half and remove the soft green flesh, discarding the skin and pit.
4. Put the avocado insides in a bowl and mash it up into a fine paste. You can do this in the food processor as well, and you can add a spoon full of sour cream to make it fluffier if you like.
5. Once the avocado is the soft consistency of mayonnaise, add the cooled potatoes with all the other ingredients and mix them together.
6. Lastly taste the salad and add salt and pepper to a point everything tastes nice.
7. Serve it right away. If it won't be eaten for a few hours, add the juice of one lime to keep the green colors bright.



About Southern Smoke Foods:

Southern Smoke is a catering company with a food truck in the Burlington area which specializes in Southern cuisine, including BBQ, Cajun, Caribbean, and the flavors of the Low Country and New Orleans. Chef/owner Brian Stefan started the company in 2011, preparing food at music and food festivals on the east coast from Florida to Maine and everywhere in between. After working a winter at Stratton Mountain, he was sold on Vermont and its beauty, and one look at Burlington and the great Lake Champlain and he knew where he wanted to be. Now he can be found every Friday night at the South End Truck Stop along with other area food trucks, and spends weekends preparing foods for weddings and special events in the Champlain Valley area and around Vermont.

www.southernSmokefoods.com



Understanding the Costs of Lab Work

Many of us need regular or semi-regular blood work or tests to monitor and manage health conditions or other health issues. Labs and tests can keep us healthy; they can also help our doctors diagnose more serious medical conditions. For instance, doctors commonly test and diagnose Lyme disease using the western blot, which is an antibody blood test.

All of the major hospitals in Blue Cross and Blue Shield of Vermont's networks offer laboratory services. Because the available services vary among each facility, BCBSVT also contracts with many independent laboratories to ensure that you and your doctors have a wide range of services available. While we contract with independent laboratories across the country, there are a few things to keep in mind:

Not all labs are within our network

Many of our health plans require members to use a particular network (i.e. group of doctors, hospitals or other health care providers) in order to receive covered benefits. Our in-network providers have agreed,

by contract, to accept discounts on your behalf, to obtain prior approvals when needed and to submit your claims. When you see an in-network provider, you should not have to pay more than your usual out-of-pocket expense amount for covered services.

Out-of-network labs can "balance bill"

We process claims based on the allowed amount, which is the amount we consider reasonable for covered services and supplies. Our in-network labs will accept our allowed amount as payment in full. This means they won't bill

you for balances other than your usual out-of-pocket amount or for items that we don't normally cover.

Out-of-network labs aren't required to accept the allowed amount as payment in full. As a result, they may bill you for the balance between what they charge and the allowed amount that we will pay. You must pay this balance in addition to any deductible, co-insurance or co-payment you owe. You don't get credit towards your out-of-pocket expenses for "balance billing" amounts.

Certain types of lab testing can be expensive. Here's an example of a potential bill for both an in-network lab and an out-of-network lab:

	In-Network Lab	Out-of-Network Lab
Total bill:	\$8,000	\$8,000
BCBSVT allowed amount:	\$1,500	\$1,500
You pay (example of deductible):	\$500	\$500
BCBSVT pays:	\$1,000	\$1,000
Balance billed amount:	\$0	\$6,500
When paid in full, you've paid:	\$500	\$7,000



Finding a network lab for your needs

In the cost comparison example, the in-network lab saved \$6,500 in balance-billing costs. Avoid those added medical expenses by using in-network providers and labs. When working with a provider, ask for his or her help identifying the most appropriate labs based on the tests you need.

Providers must bill claims for lab services to the Blue Cross or Blue Shield plan located in the ordering provider's geographic region. Review the illustration below for an example of claims submissions:

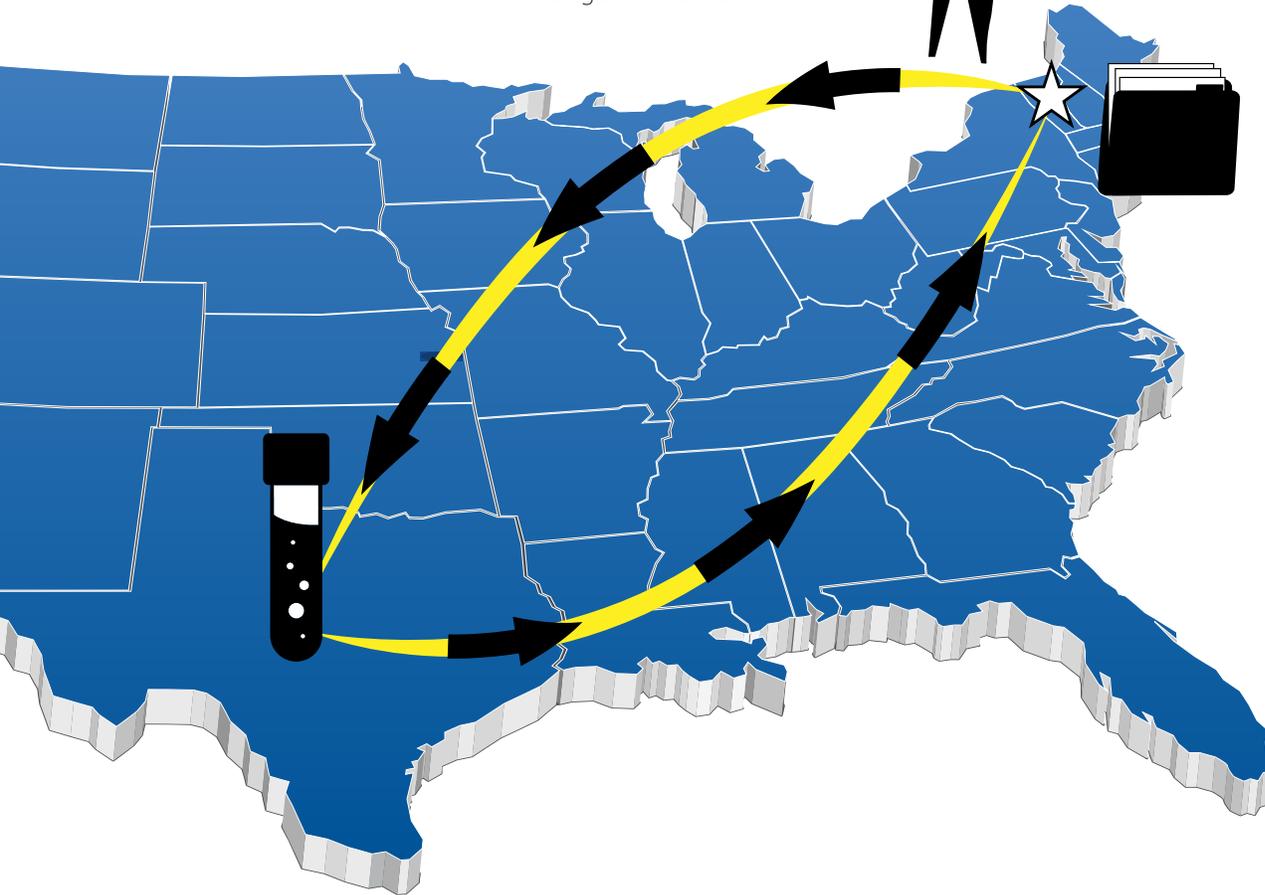
In the illustrative example, a doctor who practices in Vermont sends a lab for processing to an independent laboratory in Texas. In turn, the laboratory must send the claim to Vermont. The independent laboratory must have a contract with Blue Cross and Blue Shield of Vermont in order for us to consider it an in-network lab and process the benefit accordingly.

It's important to talk to your health care provider about the services you need to ensure that you get the most out of your benefits while keeping your costs down.

If you or your provider would like assistance finding an in-network

lab, you may use our Find-a-Doctor tool located online at www.bcbsvt.com/findadoctor. You may also contact our customer service team at the number located on the back of your ID card for assistance.

Please note: BCBSVT does not cover all labs. Additionally, not all labs are covered in full, with no member cost-sharing. Please consult your group benefit manager or call the number on the back of your ID card for more information about your plan's benefits.





BlueCross BlueShield of Vermont

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Find the hidden symbol and win a prize

Just find the symbol shown at left hidden somewhere in this publication and send us a letter telling us where you found it. Use the address found on the mailing panel. We'll draw four lucky reader's names from the correct responses; each will receive a gift card to their choice of either Vermont State Parks or Amazon.com. (Please include preference in your submission.)

Last issue's hidden symbol (i.e. sugar cube) was hidden on page 5 on the soda can in the "0" of 5-2-1-0. Thanks for playing and congrats to our winners: Teresa, Karla, Amy, Carol and Julie Ann!

Special challenge: Because of all the creative and unique responses (e.g. postcards, artwork, poems and notes) we've received over the years, we'll now present an additional winner with a gift card for the most creative entry for that issue's contest.

Electronic option: In an effort to be "green," we will accept your hidden symbol contest entry via email. Just email hiddensymbol@bcbsvt.com and we'll number your entry and enter you into the drawing!

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Vigor[®] is printed on 100% post-consumer recycled fiber, FSC[®]-certified paper—a paper that contains 100% post-consumer recycled fiber, is Elemental Chlorine-Free, and is certified by the Rainforest Alliance to the Forest Stewardship Council[®] Standard. It is manufactured using Biogas Energy



Recycled

Supporting responsible use of forest resources

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Using this paper instead of virgin fiber in this edition reduces our ecological footprint by:

- 85 trees
- 8,389 lbs. of solid waste
- 81,997 gallons water
- 27,518 lbs. of CO₂ emissions
- 71 mmBTU of energy consumption
- 35 lbs. NO_x

It's the equivalent of saving:

- Trees: Six tennis courts
- Energy consumption: 344,939 60W light bulbs for one hour
- Emissions: CO₂ emissions of four cars per year

(Environmental savings calculations provided by Rolland Enterprises Inc.)